



Screen 1 (40 mins)

Organisation of Session: 2 Mini goals, 1 Full size goal, 3 GK,s,1 outfield player(1) , GK Coach acts as Striker in front of GK.

Session Objectives (individual) GK,s to make decisions on when to block,smother, use of feet.

Which knee drops when defending mini goals, head and chest position.

Session Objectives (Group)

Ball played by outfield player to Coach who can:-

Strike ball at either GK in Mini goal, or touch ball out of feet for GK to smother or take ball clean diving at feet.

GK,s rotate to work in all three goals.

Save Image:

Screen 2

Organisation of Session: Same as Session 1

Session Objectives (Individual) GK,s become live when ball is blocked by any of the 3 GK

Server 1 can attempt to score direct , using the Coach as a screen.

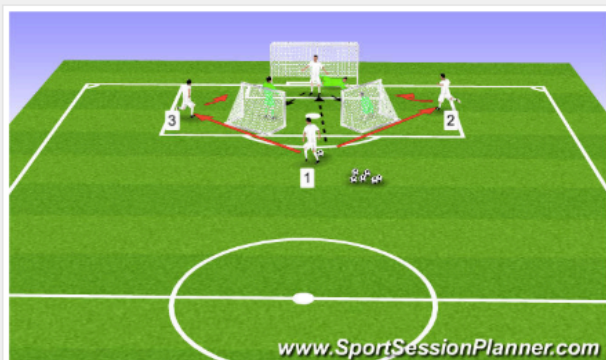
GK ,s have to be switched on to the un-predictable nature of the service and be prepared to make more than 1 save,.

Quick minds constant focus.

Session Objectives (Group)



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Screen Defending the Goal/ with Outfield palyers (20 mins)

Organisation of Session: 2 Mini Goals, 1 Full size Goal. 3 Outfield players

Outfield plays Coach who can score in either mini goal, or make GK in main goal make a save.

Outfield can play strikers 1 or 2 who can hit early or take touch and take the GK on 1v1.

Session Objectives (Individual)

Tempo for 20mins.

Strikers to be inventive, using 1/2 touch

GK,s being concentrated to make recovery saves, 2nd/3rd saves.

Gk,s to practice , blocking ,smothering ,diving at feet standing up shot stopping.

Importance of quick mind /quick feet decision making.

Session Objectives (Group)

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